

# Creamed Spinach - USDA Recipe I120 for CACFP

Meal Components: Vegetable - Dark Green, Meat / Meat Alternate

I-25

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen chopped spinach	10 lb	1 gal 1 qt	20 lb	2 gal 2 qt	<div><div>1.</div>Thaw and squeeze spinach to eliminate excess water. Yields:</div> <div><div>2.</div>Place spinach in a large bowl.</div> <div><div>3.</div>Add salt and black pepper.</div>

10. Lightly coat a steam table pan (12" x 20" x 2 1/2") with pan release spray and place 3 qt 3 cups (about 7 1/2 lb) spinach mixture in each pan. Sprinkle remaining cheese on top.
11. Bake until cheese melts:
12. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
13. Critical Control Point: Hold for hot service at 140 °F or higher.
14. Portion with No. 8 scoop (1/2 cup).

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

### Serving

NSLP/SBP Crediting Information: ½ cup (No. 8 scoop) provides ½ oz equivalent meat/meat alternate and ½ cup dark green vegetable.

CACFP Crediting Information: ½ cup (No. 8 scoop) provides ½ meat/meat alternate and ½ cup fruit/vegetable.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Onions	11 oz	1 lb 6 oz

Serving	Yield	Volume
See Notes	<b>25 Servings:</b> about 7 1/2 lb  <b>50 Servings:</b> about 15 lb	<b>25 Servings:</b> about 3 quarts 3 cups / 1 steam table pan (12" x 20" x 2 1/2")  <b>50 Servings:</b> about 1 gallon 3 quarts 2 cups / 2 steam table pans (12" x 20" x 2 1/2")

Nutrients Per Serving					
Calories	168	Saturated Fat	2 g	Iron	
Protein	12 g	Cholesterol	8 mg	Calcium	361 mg
Carbohydrate	13 g	Vitamin A	34151 IU	Sodium	521 mg
Total Fat	6 g	Vitamin C	1 mg	Dietary Fiber	4 g